



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09126, Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water**

**Report Date: June 30, 2017 07:01 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
<b>Proximates</b>						
Water	g	89.30	--	--	220.57	27.59
Energy	kcal	41	--	--	101	13
Energy	kJ	172	--	--	425	53
Protein	g	0.55	3	0.030	1.36	0.17
Total lipid (fat)	g	0.13	3	0.013	0.32	0.04
Ash	g	0.28	3	0.036	0.69	0.09
Carbohydrate, by difference	g	9.73	--	--	24.03	3.01
Fiber, total dietary	g	0.1	--	--	0.2	0.0
Sugars, total	g	9.63	--	--	23.79	2.98
<b>Minerals</b>						
Calcium, Ca	mg	8	3	0.625	20	2
Iron, Fe	mg	0.14	3	0.059	0.35	0.04
Magnesium, Mg	mg	11	3	0.391	27	3
Phosphorus, P	mg	14	3	0.044	35	4
Potassium, K	mg	136	3	2.357	336	42
Sodium, Na	mg	1	3	0.159	2	0
Zinc, Zn	mg	0.05	3	0.002	0.12	0.02
Copper, Cu	mg	0.033	3	0.007	0.082	0.010
Manganese, Mn	mg	0.020	3	0.001	0.049	0.006
Selenium, Se	µg	0.1	--	--	0.2	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	33.7	3	0.211	83.2	10.4

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g
		Value Per 100	Data points	Std. Error		
Thiamin	mg	0.041	3	0.003	0.101	0.013
Riboflavin	mg	0.022	3	0.001	0.054	0.007
Niacin	mg	0.217	3	0.020	0.536	0.067
Pantothenic acid	mg	0.189	3	0.004	0.467	0.058
Vitamin B-6	mg	0.044	3	0.002	0.109	0.014
Folate, total	µg	4	3	1.022	10	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	3	1.022	10	1
Folate, DFE	µg	4	--	--	10	1
Choline, total	mg	7.7	--	--	19.0	2.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	3	0.050	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	4	--	--	10	1
Carotene, alpha	µg	2	--	--	5	1
Cryptoxanthin, beta	µg	1	--	--	2	0
Vitamin A, IU	IU	9	3	1.005	22	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	25	3
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.10	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.019	--	--	0.047	0.006
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1			1 cup 247g	1 fl oz 30.9g
		Value Per 100	Data points	Std. Error		
16:0	g	0.017	--	--	0.042	0.005
18:0	g	0.001	--	--	0.002	0.000
Fatty acids, total monounsaturated	g	0.018	--	--	0.044	0.006
16:1 undifferentiated	g	0.002	--	--	0.005	0.001
18:1 undifferentiated	g	0.016	--	--	0.040	0.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.032	--	--	0.079	0.010
18:2 undifferentiated	g	0.025	--	--	0.062	0.008
18:3 undifferentiated	g	0.007	--	--	0.017	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
<b>Flavanones</b>						
Naringenin <sup>1</sup>	mg	31.2	2	--	77.0	9.6

<sup>1</sup>Bronner, W. E., and Beecher, G. R. Extraction and measurement of prominent flavonoids in orange and grapefruit juice concentrates., 1995 J. Chromatogr. A 705 pp.247-256